

# DINNERLY



## Balanced Moroccan Grain Bowl with Roasted Cauliflower and Yoghurt Dressing



40 minutes



2 Servings

After something nutritious and delicious? We've got you covered! Combine roasted cauliflower, sweet potato wedges and kale for a veggie hit, then toss through wholegrain freekeh.



## WHAT WE SEND

- 125g freekeh <sup>1</sup>
- 1 sweet potato
- 500g cauliflower
- 5g Moroccan seasoning <sup>17</sup>
- 100g Tuscan kale
- 40g hemp seeds
- 100g Greek-style yoghurt <sup>7</sup>

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 1 tsp white wine vinegar <sup>17</sup>
- ½ tsp honey

## TOOLS

- oven tray
- baking paper
- medium saucepan with lid
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 655kcal, Fat 27.8g, Carbs 77.3g, Proteins 23.3g



### 1. Cook freekeh

Preheat the oven to 220C. Line an oven tray with baking paper. Fill a medium saucepan three-quarters full with water and bring to the boil. Cook the **freekeh**, partially covered, for 18-20 mins until tender. Drain.



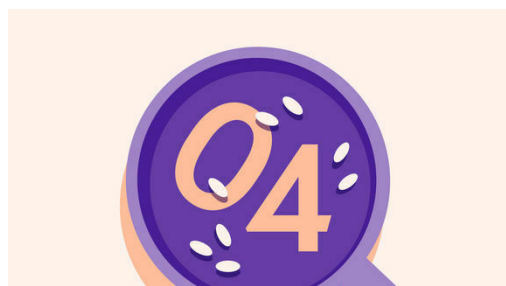
### 2. Roast veggies

Meanwhile, cut the **sweet potato** into 2cm wedges. Cut the **cauliflower** into small florets. Crush or finely chop **2 garlic cloves**. Put the **veggies** on the lined tray. Add the garlic, **Moroccan seasoning** and **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 30 mins or until tender.



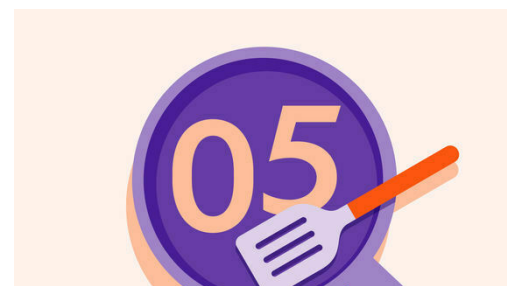
### 3. Massage kale

Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Put in a large bowl, add **1 tbs olive oil** and season with **salt and pepper**. Using your hands, massage the leaves for 1 min or until softened and darkened slightly (see Kitchen 101).



### 4. Toast hemp seeds

Cook **half the hemp seeds\*** in a cold small frypan over medium heat, tossing, for 2-3 mins until toasted. Remove from the pan. Put the **yoghurt**, **1 tsp white wine vinegar** and **½ tsp honey** in a bowl, season with **salt and pepper** and stir to combine.



### 5. Serve up

Add the **freekeh** and **roast veggies** to the **kale** and toss to combine. Divide among plates and scatter over the **hemp seeds**. Drizzle with the **yoghurt dressing** and enjoy!



### 6. Kitchen 101

It may sound strange to massage your food, but it helps to break down the tough fibres, making the kale tender and easier to eat. Gently pinch and squeeze the leaves until they start to shrink, soften and darken a little.